



Epi Update for Friday, July 13, 2018
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's Epi Update include:

- **Cyclospora infections associated with salad at fast food chain**
- **First variant influenza virus in United States in 2018 : Reminder to continue testing for flu**
- **West Nile virus update**
- **In the news: Del Monte vegetables linked to outbreak that has sickened more than 200, officials say**
- **In the news: The 'chicken and egg' reason why polio outbreaks still happen**
- **Infographic: Preventing diarrheal illness after a disaster**
- **Meeting announcements and training opportunities**

Cyclospora infections associated with salad at fast food chain

The Iowa Department of Public Health (IDPH) is investigating an increase in Cyclospora infections that appear to be connected to consumption of McDonald's salads. The Illinois Department of Public Health has noted a similar increase in cases associated with the product.

"This summer there have been several clusters of Cyclospora illness associated with various foods that are commercially available. This week IDPH has identified 15 Iowans who ate McDonald's salads in late June to early July prior to getting ill," said Dr. Patricia Quinlisk. "Anyone who ate these salads since the middle of June and who developed diarrhea, especially watery diarrhea and fatigue, should see their health care provider and get tested for Cyclospora to ensure an accurate diagnosis and appropriate treatment."

McDonald's is concerned about this situation and has been fully cooperating with IDPH, the Illinois Department of Health and the Iowa Department of Inspections and Appeals. McDonald's and involved federal partners continue to investigate to determine what further steps should be taken.

Cyclospora is a parasite commonly found in developing countries, but in the past several years, several outbreaks have occurred in the U.S., especially during the summer months. These outbreaks and illnesses often occur as a result of eating contaminated fresh produce. Symptoms of Cyclospora infection include:

- Frequent watery diarrhea
- Loss of appetite and weight
- Cramping, bloating, and/or increased gas
- Nausea (vomiting is less common)
- Fatigue
- Low-grade fever

It may take a week or more after consuming contaminated product for symptoms to begin.

If you have any of these symptoms, see your health care provider who can specifically order Cyclospora parasite testing and provide appropriate treatment. IDPH and local health department personnel are continuing to conduct interviews with individuals who test positive for Cyclospora and further cases may be identified.

First variant influenza virus in United States in 2018: Reminder to continue testing for flu

One human infection with a novel influenza A virus was reported by Indiana in a child under 18 years of age. This person was infected with an influenza A(H3N2) variant (A(H3N2)v) virus and reported indirect exposure to swine at an agricultural fair during the week preceding illness onset. No human-to-human transmission was identified. This is the first human infection with A(H3N2)v virus detected in the United States in 2018.

Early identification and investigation of human infections with novel influenza A viruses are critical so that the risk of infection can be more fully understood and appropriate public health measures can be taken. During the summer, it is important for providers to continue testing patients who present with influenza-like illness, especially if they report close exposure to pigs or poultry. Specimens should also be submitted to the State Hygienic Laboratory at the University of Iowa (SHL), as rapid tests may not detect variant influenza and SHL can work with the CDC to further characterize the virus.

For more information on human variant influenza A virus, visit gis.cdc.gov/grasp/fluview/Novel_Influenza.html.

West Nile virus update

While no human cases of West Nile virus have been detected in Iowa so far in 2018, four mosquito samples have tested positive for the virus (one in Woodbury County and three in Polk County). The majority of human cases in Iowa are usually identified in late summer/early autumn.

Nationwide, 30 states have reported West Nile virus infections in people, birds or mosquitoes so far in 2018. This includes 14 human cases, seven which were

classified as neuroinvasive disease and seven which were classified as non-neuroinvasive disease.

For more information on West Nile virus activity in the U.S., visit www.cdc.gov/westnile/statsmaps/preliminarymapsdata2018/index.html.

For more information on West Nile virus in Iowa, visit idph.iowa.gov/cade/disease-information/west-nile-virus.

In the news: Del Monte vegetables linked to outbreak that has sickened more than 200, officials say
www.nytimes.com/2018/07/07/us/del-monte-vegetable-trays-parasite-nyt.html




In the news: The 'chicken and egg' reason why polio outbreaks still happen
www.cnn.com/2018/07/10/health/polio-vaccine-outbreaks-explainer-intl/index.html

Infographic: Preventing diarrheal illness after a disaster

Accessible version: <https://www.cdc.gov/healthwater/emergency/planning-training-response/preventing-diarrheal-illness-after-disaster.html>

Preventing Diarrheal Illness After A Disaster

Protect yourself and your family:

-  **Drink and use safe water.**
-  **Wash your hands often.**
-  **Do not defecate in any body of water.**
-  **Eat safe food. Boil it, cook it, peel it, or throw it away.**
-  **Clean up safely.**
-  **Avoid floodwater or contaminated water bodies.**


Drink and use safe water.

- Listen to local officials to find out if your water is safe.
- Use bottled water for drinking, washing and preparing food, making ice, and brushing your teeth.
- If you do not have bottled water, boil or disinfect your water to make it safe.



Wash your hands often with soap and safe water.


- Before you eat or prepare food.
- Before feeding your children.
- Before and after treating wounds or taking care of someone who is sick.
- After going to the bathroom, changing diapers, or cleaning a child after they have gone to the bathroom.



If no soap is available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Eat safe food.

- Boil it, cook it, peel it, or throw it away.
- Avoid meat and dairy products that have not been refrigerated.
- Cook food well. Eat it hot and keep it covered.
- Avoid raw foods other than fruits and vegetables you have peeled yourself.



Clean up safely.

- Clean food preparation areas and kitchenware with soap and safe water and let dry completely before reuse.
- Wash yourself, your children, diapers, and clothes 100 feet away from drinking water sources.




Avoid flood water or contaminated water bodies.

- Wash your hands with soap and water after contact with flood waters.
- Do not allow children to play in flood water areas.
- Do not allow children to play with toys that have touched flood water and have not been disinfected.



What to do if you or your family are ill with diarrhea:

- Stay hydrated by drinking safe water or oral rehydration solution (ORS).
- Visit the nearest health facility. Continue to keep hydrated while at home and while you travel to get treatment.
- Continue to breastfeed your baby if they have watery diarrhea, even when traveling to get treatment.





For more information about preventing illness after a disaster, visit: www.cdc.gov/disasters/disease/facts.html.

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To view in full size, visit

www.cdc.gov/healthywater/emergency/pdf/preventing-diarrheal-illness-after-disaster-H.pdf.

Meeting announcements and training opportunities

The Health Policy Academy is a two-day in-person training in Omaha, NE on August 1-2, 2018, designed to introduce public health, population health, and health care professionals to the policy design and implementation process. Through interactive exercises, expert panels and personal assessments, participants will:

- Describe the components of the policy making process
- Identify tools used to choose the most effective policy solutions
- Explore individual and collaborative efforts for influencing the policy making process
- Discuss best practices for creating sound health policy

An agenda and more information on registration can be found at

www.unmc.edu/publichealth/ophp/workforce/hpa.

Have a healthy and happy week!

Center for Acute Disease Epidemiology

Iowa Department of Public Health

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